

# WEEKLY TIMETABLE

| TIME             | MONDAY                | TUESDAY                     | WEDNESDAY                    | THURSDAY | FRIDAY               | SATURDAY | SUNDAY |
|------------------|-----------------------|-----------------------------|------------------------------|----------|----------------------|----------|--------|
| <b>MORNING</b>   |                       |                             |                              |          |                      |          |        |
| 6-7              |                       |                             |                              |          |                      |          |        |
| 7-8              |                       |                             |                              |          |                      |          |        |
| 8-9              | Full Body Gym         | Solo Soccer Plyometrics     | Soccer Strength-Endurance    |          | Bodyweight Explosive |          |        |
| 9-10             | Full Body Gym         | Solo Soccer Plyometrics     | Soccer Strength-Endurance    |          | Bodyweight Explosive |          |        |
| 10-11            | Full Body Gym         | Linear Acceleration Sprints | Soccer Strength-Endurance    |          | Bodyweight Explosive |          |        |
| 11-12            | Full Body Gym         | Linear Acceleration Sprints | Soccer Strength-Endurance    |          | Bodyweight Explosive |          |        |
| <b>AFTERNOON</b> |                       |                             |                              |          |                      |          |        |
| 12-1             | Full Body Gym         | Core/Stability (Optional)   | Core/Stability               |          | Footwork & Agility   |          |        |
| 1-2              | Full Body Gym         | Cool-Down & Stretching      | Acceleration-Specific Extras |          | Core Explosiveness   |          |        |
| 2-3              | Post-Workout Recovery |                             |                              |          |                      |          |        |
| 3-4              |                       |                             |                              |          |                      |          |        |
|                  |                       |                             |                              |          |                      |          |        |

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**EVENING**





